

The 2016 Venezuelan Report Card on Physical Activity for Children and Youth



Marianella Herrera-Cuenca^{1,2,3}, Betty Méndez-Pérez^{2,4}, Vanessa Castro Morales⁴, Bianca Tristán³, Amilid Torín Bandy², Joana Martín-Rojo⁵, Maritza Landaeta-Jiménez², Coromoto Macías-Tomei² and Mercedes López-Blanco².



¹Center for Development Studies (CENDES) Central University of Venezuela. ²Bengoa Foundation for Food and Nutrition. ³The Venezuelan Health Observatory. ⁴Bioanthropology, Physical Activity and Health Unit, Central University of Venezuela. ⁵Immunology Institute, Faculty of Medicine, Central University of Venezuela.



Background

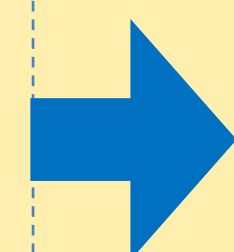


The Venezuelan Report Card on Physical Activity for Children and Youth is an effort to submit data related to physical activity in Venezuela. Provides a compilation of existing information throughout the country and assesses, how well NGO's and Government are promoting opportunities for children and youth. **The aim is to summarize the information available on Physical Activity and to identify the areas on which the information is scant.**

Methods

Thirteen physical activity indicators were graded by a committee of experts using letters A to F (A, the highest to F, the lowest) based on national / local surveys, peer review and academic studies, policy documents, official government, council websites and NGO's information.

The grade for each indicator is based on the percentage of children and youth meeting a defined benchmark on accomplished physical activity

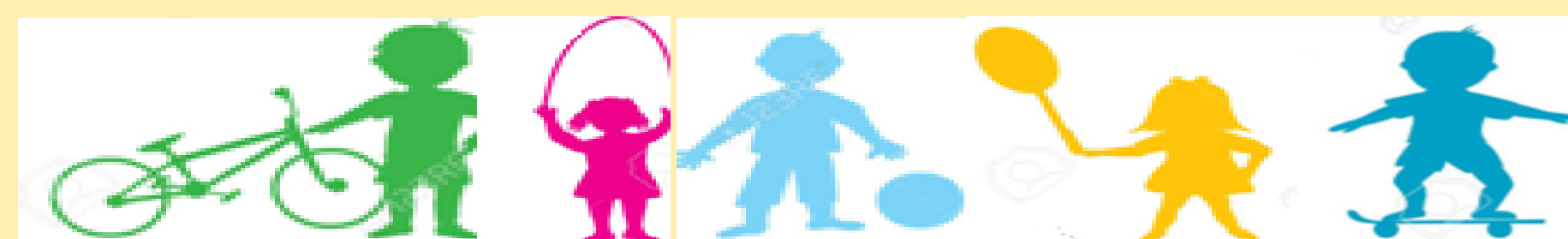


A is 81% to 100%
B is 61% to 80%
C is 41% to 60%
D is 21% to 40%
F is 0% to 20%
INC is Incomplete data.

Results

Some indicators report incomplete information or lack of data. The grades classify the amount of information about the topic and the population exposure to the concept as follow:

Indicator	Grades
Overall Physical Activity Levels	D
Organized Sport Participation	INC
Active Play	INC
Active Transportation	INC
Time Spent in Sedentary Behaviour	D/F
Overweight	A
Obesity	A
Below health fitness zone	INC
Body Composition	B
Family	INC
School	INC
Community and the Built Environment	INC
National Policy	D
Municipal Policy	C
Nongovernment	B



Conclusions

- 63% of children and youth have low PA levels.
- Government and public agencies must undertake coordinate actions to fill gaps in those indicators classified as incomplete information due the importance for political planning
- Venezuela needs to undergo a process of articulation between the several existing initiatives, and for said purposes, political will and a methodological effort is required.
- Investments, infrastructure and opportunities will be more equal for all children and youth if more cooperation between institutions is developed and communication strategies are applied.

